

Objective: Calculate individual speed and average speed.

Speed = distance/time

Average Speed = total distance/total time

1. Get into groups of three.
2. The first person will run to the marker. This distance and time should be measured and recorded.
3. The second person will run to the marker. This distance and time should be measured and recorded.
4. The last person will skip to the wall. This distance and time should be measured and recorded.
5. Use the table below to calculate each person’s individual speed.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Activity | Distance (m) | Divided By | Time (sec) | Equals | Speed |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

6. Use the table below to calculate the group’s average speed.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Total Distance (m) | Divided By | Total Time (sec) | Equals | Average Speed (m/s) |
|  |  |  |  |  |

**Wall to Wall (cont.)**

Graph your results in the space below.

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Think About It!

1. Which task and distance resulted in the fastest speed?
2. Which task and distance resulted in the slowest speed?
3. How far could you walk in 10 min. based on your walking speed that you calculated?
4. Are your results accurate? Why or why not?